

## Frozen Hot Chocolate

Servings: 2

Serving Size: 1 cup (8 fl. Oz.)

### Ingredients:

1 1/2 cups fat free milk

1 cup ice

4 Tbsp. Ovaltine Rich Chocolate (or chocolate malt flavor)

1 Tbsp. unsweetened cocoa powder

2 Tbsp. fat free whipped topping (optional)

### Directions:

1. Pour milk and ice into a blender. Add the Ovaltine and cocoa powder.
2. Blend 3-4 minutes until the ice is completely chopped and the mixture is thick and icy.
3. Pour into two glasses and serve immediately.

### Nutrition Information per Serving:

Calories: 111

Total Fat: 1g

Sat. Fat: 0g

Carb: 20g

Fiber: 1g

Protein: 7g

